

| Distinguishing Support/Education Groups from Traditional Psychotherapy Groups | | |
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| | Type of Group | |
| | CCCV Support / Education | Psychotherapy |
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| Group Content | - | - |
| Treatment of individual psychological variables | <ul style="list-style-type: none"> • Not permitted. Not feasible | <ul style="list-style-type: none"> • A Primary, Necessary and Sufficient component |
| Group Process and interpersonal issues | <ul style="list-style-type: none"> • Not permitted | <ul style="list-style-type: none"> • Standard Component, including recording, analysis and intervention re: group process |
| Support | <ul style="list-style-type: none"> • Primary, Necessary and Sufficient | <ul style="list-style-type: none"> • Not a sufficient component if present |
| Education | <ul style="list-style-type: none"> • Primary, Necessary and Sufficient | <ul style="list-style-type: none"> • Not a sufficient component if present |
| Service Contract | - | - |
| Therapy Contract | <ul style="list-style-type: none"> • None and Not Required | <ul style="list-style-type: none"> • Explicitly Required |
| Consent to Treatment | <ul style="list-style-type: none"> • None and Not Required | <ul style="list-style-type: none"> • Explicitly Required |
| Offer to provide Treatment | <ul style="list-style-type: none"> • None | <ul style="list-style-type: none"> • Explicitly Promised |
| Description of Services | <ul style="list-style-type: none"> • Support, Education | <ul style="list-style-type: none"> • Treatment, Therapy |
| BILLING | <ul style="list-style-type: none"> • None | <ul style="list-style-type: none"> • Billed as Therapy. Requires insurance reimbursement, out of pocket payment |
| Confidentiality Agreement | <ul style="list-style-type: none"> • None (or requested informally) | <ul style="list-style-type: none"> • Explicitly Required |
| Information Required for Enrollment | - | - |
| Demographic information | <ul style="list-style-type: none"> • No | <ul style="list-style-type: none"> • Yes |
| Release of Information form | <ul style="list-style-type: none"> • No | <ul style="list-style-type: none"> • Yes |
| Insurance Information | <ul style="list-style-type: none"> • No | <ul style="list-style-type: none"> • Yes |
| Permission to Treat | <ul style="list-style-type: none"> • No | <ul style="list-style-type: none"> • Yes |
| Confidentiality Agreement | <ul style="list-style-type: none"> • No | <ul style="list-style-type: none"> • Yes |
| Signatures | <ul style="list-style-type: none"> • None Required | <ul style="list-style-type: none"> • Several Required |
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| <u>Adm. Screening Procedures</u> | - | - |
| Screening Evaluations for group participants or potential participants | • Not Conducted | • Required |
| Psychological Evaluations or Treatment Records | • Not Accepted | • Required |
| Medical Evaluations, Reports or Treatment Records | • Not Conducted | • Optional, but often desired |
| <u>Record Keeping</u> | - | - |
| Individual File | • Not Required | • Required |
| Progress Records | • Not Required | • Required |
| Therapy Records | • Not Applicable | • Required |
| Billing | • Not Applicable | • Required (possible option) |
| Requests for Records / Information from attorneys, doctors, therapists, etc. | • Not Provided (exceptions possible) | • Required (in almost all cases) |
| <u>Role of Individual Psychological Variables</u> | - | - |
| Assessment of personal psychological issues | • No. Not feasible or desired | • Yes |
| Treatment / therapy for personal psychological states, traits and issues | • No. Not feasible or desired | • Yes. Purpose and primary component. |
| <u>Group Attendance</u> | - | - |
| Screening Requirement | • No. Persons can attend from any source, without information, registration, notice | • Yes (interview; records; insurance reimbursement; ability to pay) |
| Attendance Requirements | • None | • Yes |
| Attendance Policy | • Participants can attend as frequently or infrequently as desired, and can return to group after <u>any</u> length of absence | • Dismissal for not meeting min. attendance requirements |
| Absence Reporting | • No. Not expected or even desired | • Yes, required (with possible exceptions) |
| Permission for Outside Group Contact | • Yes. May be encouraged as support resource | • No. Explicitly proscribed or avoided. |

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| Reporting of Outside Group Contact | <ul style="list-style-type: none"> • None | <ul style="list-style-type: none"> • Yes. Usually requires reporting to group therapist if it occurs |
| <u>Progress Measurement</u> | - | - |
| Progress Requirements | <ul style="list-style-type: none"> • None. Perceived Support is sufficient. Life improvement is desired but not required and can take a very long time. | <ul style="list-style-type: none"> • Required (both insurance and professional standards), in measurable goals and in “reasonable” period of time |
| Length of Attendance | <ul style="list-style-type: none"> • Unrestricted. Participant Decides. Because of absence of “therapy”, change is not required, and status improvements can take many years | <ul style="list-style-type: none"> • Except for best insurances, length is time limited and dependent on therapy success via demonstration of goal related progress |
| Group Discontinuation | <ul style="list-style-type: none"> • Participant Decides | <ul style="list-style-type: none"> • Therapist May and Often Does Decide Termination, directly, or by establishing clear criteria |
| Termination Criteria | <ul style="list-style-type: none"> • None. Indefinite attendance. | <ul style="list-style-type: none"> • Yes (e.g.,: failed attendance; no progress; slow progress; progressing beyond need of therapy; insurance non-reimbursement; inability to pay). |
| <u>Group Members</u> | - | - |
| Designation / Role | <ul style="list-style-type: none"> • Participants / Members / Attendees | <ul style="list-style-type: none"> • Patients |
| Purpose | <ul style="list-style-type: none"> • Support; Education for Lifestyle/ Habit Retraining | <ul style="list-style-type: none"> • Therapy |
| <u>Group Director</u> | - | - |
| Designation / Role | <ul style="list-style-type: none"> • Group Leader, Facilitator, Director | <ul style="list-style-type: none"> • Therapist |
| Purpose | <ul style="list-style-type: none"> • Support, Instruct | <ul style="list-style-type: none"> • Treat, Provide Therapy |
| Requirement of Presence of Group Leader | <ul style="list-style-type: none"> • Not Required. Group may be held in group leaders absence | <ul style="list-style-type: none"> • Always required |
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| <u>Other Group Components</u> | <ul style="list-style-type: none"> • Lecture, Instruction, Moderation, occasional slide presentation, video, etc. | <ul style="list-style-type: none"> • Group Psychotherapy by one or many major schools of therapy intervention |
| Mechanism of Action | <ul style="list-style-type: none"> • Information, through Lecture, Instruction, Moderation, occasional slide presentation, video, etc. | <ul style="list-style-type: none"> • Group Psychotherapy delivered by therapist using one or more of the major schools of psychotherapy |
| Required Time Course | <ul style="list-style-type: none"> • Indefinite, Unrestricted | <ul style="list-style-type: none"> • Relatively fast, but dependent on funding , progress, etc. |
| Education/Infor. Handouts | <ul style="list-style-type: none"> • Frequent, sometimes massive | <ul style="list-style-type: none"> • Usually Infrequent |
| Sharing of Group Content / Material | <ul style="list-style-type: none"> • Yes. Information is intended for public consumption and sharing, facilitated via website presentation for downloading, presented in local, regional and national talks to persons with disabilities | <ul style="list-style-type: none"> • Most and usually all content is private, psychotherapeutic, often protected or proprietary with proscription against sharing with relatives, friends, etc |
| Group Content: Public versus Private | <ul style="list-style-type: none"> • Public | <ul style="list-style-type: none"> • Private |
| Financial Capacity | <ul style="list-style-type: none"> • Attendee is insurance and/or income deficient | <ul style="list-style-type: none"> • Patient must have insurance or sufficient income |

*Adapted from: Martelli, M.F., et al (in preparation). Holistic Models for Community Based Rehabilitation Education and Lifestyle Change. In MF Martelli, ND Zasler, PJ Tiernan et al, Practical Approaches to Neurobehavioral Rehabilitation: A handbook of coping strategies.

References:

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